

Psychoanalytic Object Relations

Klein emphasized the loving vs rejecting breast

female direction of Freud's psychoanalytic theory

object is the satisfier of the hunger drive

the subjective world of the infant is a chaotic mixture of internalized images of people and parts of people. The child's imagination is based on anxiety and anger transforming these images into sometimes scary phantasies of good and bad objects

Object

1st object a child perceives is the breast. infant is limited to 2 major categories of experience: pleasure and pain

good object = satisfying and pleasurable

bad object = frustrating and painful

infant's relationship to the breast and to the world is an oral, passive-incorporative orientation

In regards to phantasy; the infant believes the breast and self are one in the same

part object = infant attaches to part of mom

infantile sadism = active aggressive urges towards low objects

whole object = part becomes whole, good vs bad mother

Oedipus Complex

Freud - occurs during the phallic stage; male rivalry with father

Klein - oral stage frustration, pre-genital **infantile sadism**

Oedipus Complex (cont)

Boys: womb envy (want to possess and injure female organs). boy sees mother as an amalgam of mom & dad, mother has the penis therefore a castrator, clash of oral, anal and genital impulses in the boy. anal frustration drives the boy to over-identify with the penis, hence, identify with dad.

3 pronged dilemma (desire for mother, hatred of her; castrator, father will take revenge)

Girls: classical Electra complex. fear of being destroyed by mother, by default identifies with mother.

Paranoid-Schizoid Position

central anxiety - one's ego is at risk for attack

good parts of self, attacked by bad

paranoid position - vigilant and fearfully alert

Borderline personality disorder & OR

BPD: patterns of unstable moods and relationships. impulsivity, fear of abandonment, couple with very poor self-image. **Linehan: self-mutilation and suicidal gestures are common, most common PD in psychiatric settings, comorbidity is high**

emotional instability: neuroticism in extreme form, don't have the tools to regulate their emotions.

border between neurotic and psychotic functioning. Border between emotional extremes, poor interpersonal borders

1-3% and 75% are women

Linehan "understanding BPD": CBT is about changing the way you think. radical acceptance (accept yourself no matter how you are, hope for change)

Causes: genetics, early trauma and abuse

Borderline personality disorder & OR (cont)

Linehan view: biological predisposition, emotional dysregulation, invalidating experiences (kinship with PTSD?)

dialects : thesis > antithesis > synthesis (learn how to identify and regulate emotions, problem solving techniques, don't seek validation from others, overcome traumatic experiences)

Klein and Winnicott: BP organization, weakened form of personality organization, chaotic contradictory defences

Borderline Personality Disorganization: expression of ID contents, no insight on personality, lack of awareness, lack of identity

Super ego

girls overcome the cruel sadistic superego and identify with nurturing qualities - boys do this as well but identify with the father more strongly

Splitting + Ego & ID

the separation of good and bad objects in the child's phantasy

defence against the death instinct, fear of death

earliest defences against 'bad' objects

splitting the ego: split off the good parts of the ego, idealized parts of the ego. part of development of the super-ego

splitting the ID: bad images need to be separated off into the unconscious mind, similar to **primal repression**

Klein

emphasis on **aggression**

good at establishing rapport with her clients

- warm, empathetic

over-pathologizing infant thinking

Phantasy

Unconscious world of unreal "real" (creates the world of imagination)

beginnings of representations of external reality

interpretation: treated verbalizations during play as the same adult free associations. provided toys in therapy room & observed how child would play.

Epistemophilic

Love of knowledge instinct - curiosity about oral & anal impulses

a femininity phase both genders experience where they identify with the mother

Case Study Richard

10 yo patient • **unable to relate to other children** • aggressive • refused school • mother ambivalent • father detached, uninvolved • interpersonal difficulties • confused thinking • **very high anxiety about the war** paranoid thinking, poisoned, spied upon

1st & last: difference in how he deals with anxiety, **from worried to vulnerable to calmer**

sessions 15 & 16: dynamics of family life, feelings toward mom and dad, **ongoing was is a metaphor for his own turmoil**

sessions 17, 23, 24: transformation to empire drawing depicting entire countries. more harmony in his representations

session 65 & 83: oedipal rivalry with dad, conflicting feelings about Klein

Envy & functional neuroanatomy of envy

angry feeling that another person possess and enjoys something desirable

jealousy = love relationship, greed = insatiable desire

idealization: protect the self from envy of the good object

confusion: cant discriminate between good/bad

flight from mom to other: learn to avoid admired people

devaluation of the object: inherent envy

high envy: left supplementary motor area, left anterior insula and left inferior frontal gyrus

insula - activated by disgust

Broca's area



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